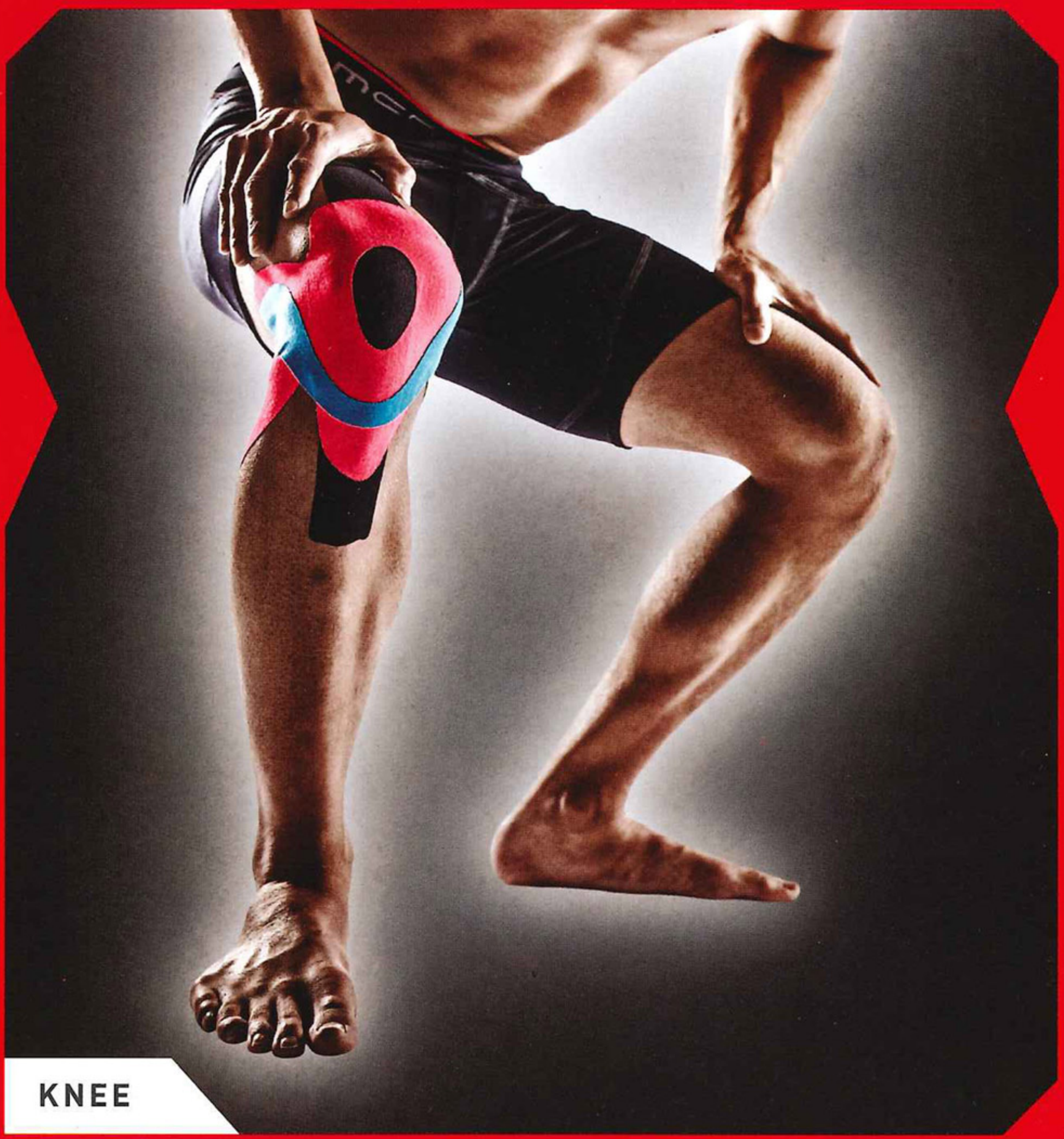
McDAVID®

PLEASE READ BEFORE USE ⚠



KNEE

KINESIOLOGY TECH

SUPPORTING THE MECHANICS OF MOVEMENT

2 CONDITION-SPECIFIC INSTRUCTIONS:

- Knee Pain & Swelling / Patellar Tracking
- Iliotibial Band Syndrome

1 PREPARATION

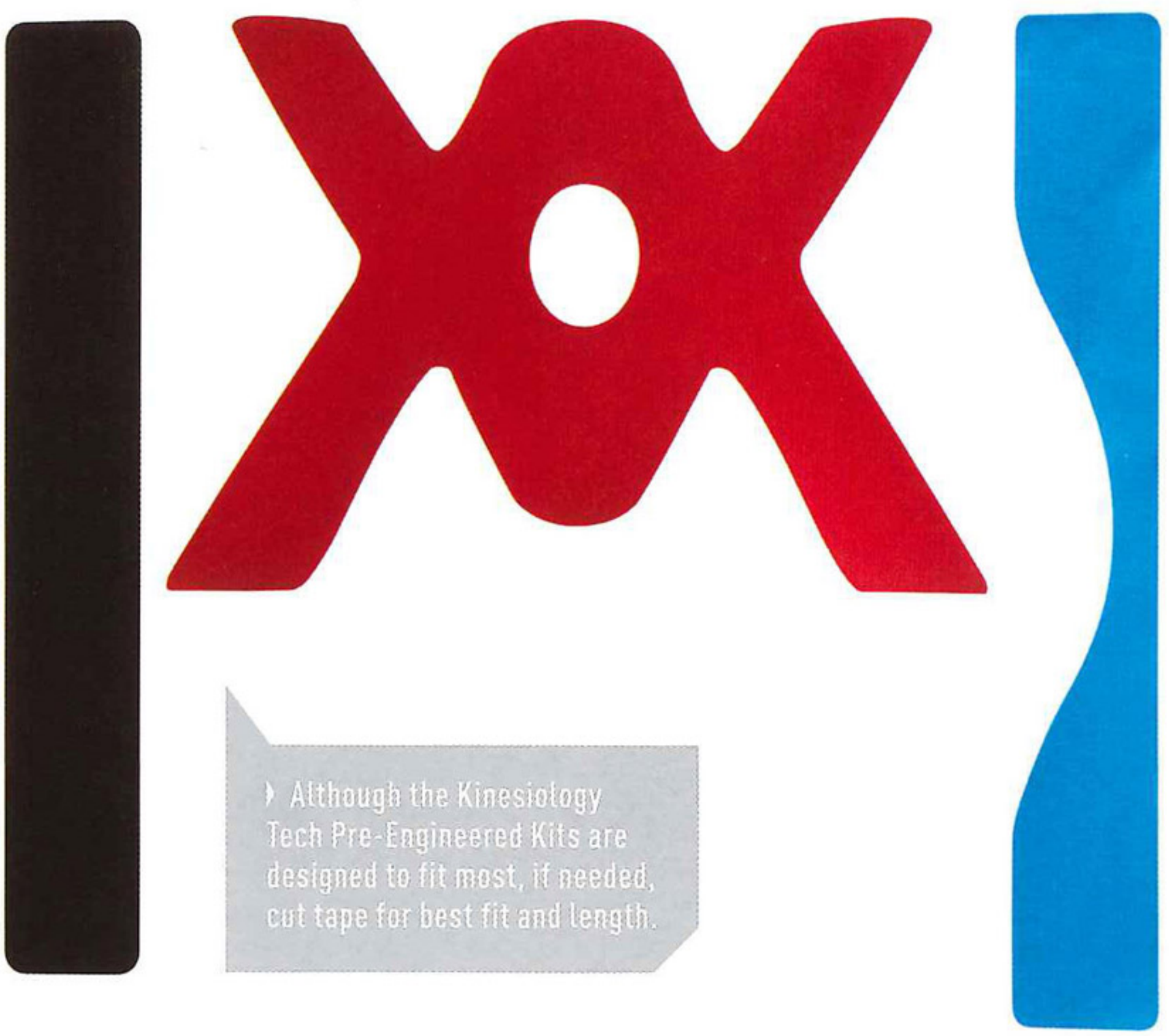
PROPER PREPARATION PREVENTS POOR PERFORMANCE

McDavid Kinesiology Tech, pre-engineered applications, is comprised of **3 COLOR-CODED PARTS:**

BLACK STRIP

RED X-FRAME

BLUE SCALLOPED STRIP



› Although the Kinesiology Tech Pre-Engineered Kits are designed to fit most, if needed, cut tape for best fit and length.

PREP:

Skin must be clean-shaven, dry and free of lotion.

TOOLS:

Sharp scissors. Marker. Hairdryer (optional).

HELPFUL:

Consider rehearsing the application steps before removing backing paper. Kinesiology tape is highly effective, but requires a bit of patience to apply properly.

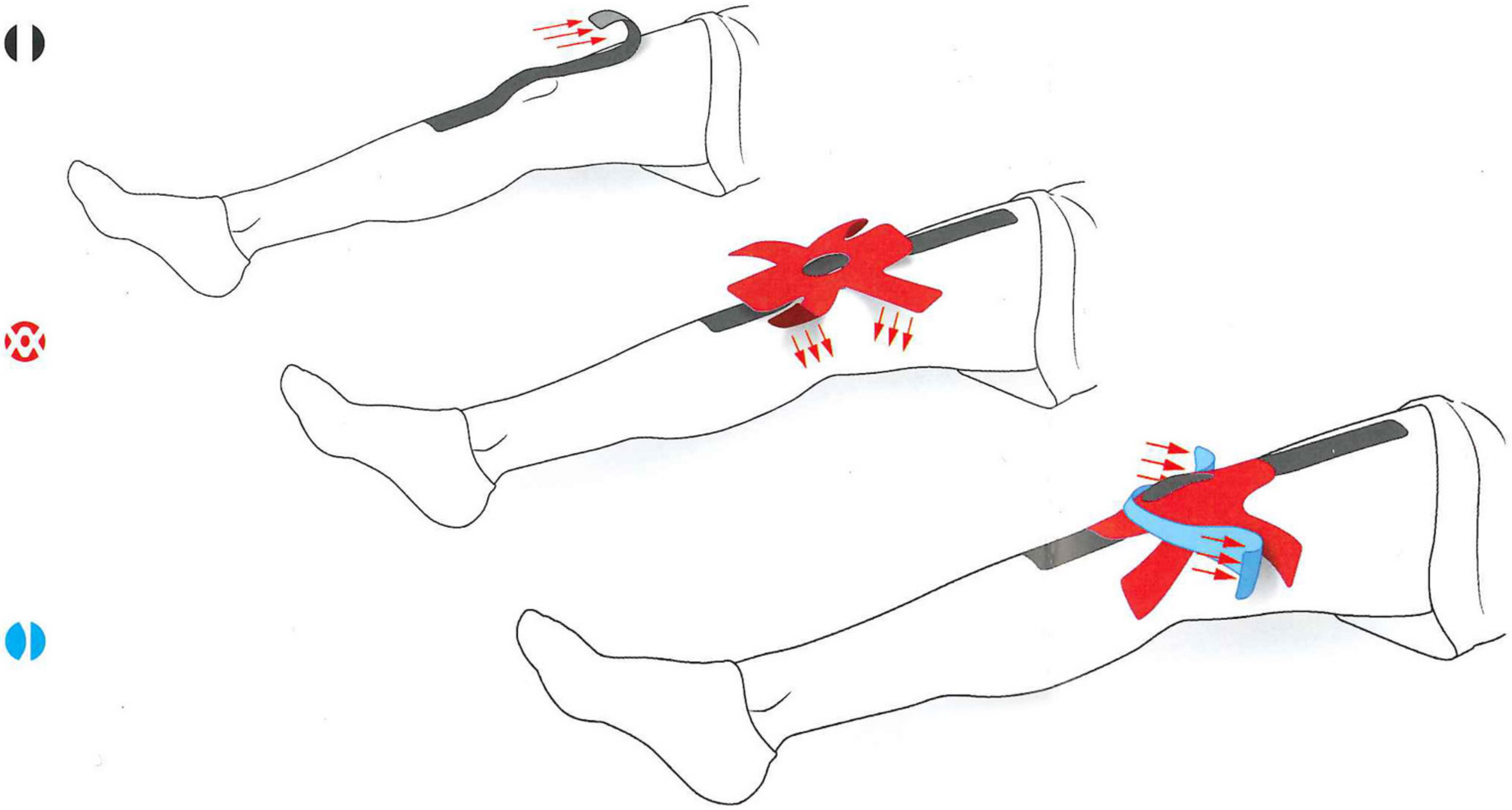
NOTE:

Always round tails/anchors to avoid catching on clothes.

Always apply tails/anchors to skin with zero tension.

FOR THE TREATMENT OF:

2A KNEE PAIN & SWELLING / PATELLAR TRACKING



BLACK STRIP

1. Stand or sit on floor with leg fully extended. Mark center of kneecap and bony knob (Tibial Tubercle) below kneecap.
2. Crease, tear and remove 2-3" of backing paper at mid point on strip. Center vertically and anchor on kneecap. Peel and apply tape down shin using slight tension, anchor tape with zero tension. Next, peel and apply tape from kneecap straight up middle of thigh. Rub vigorously and heat.

RED X-FRAME

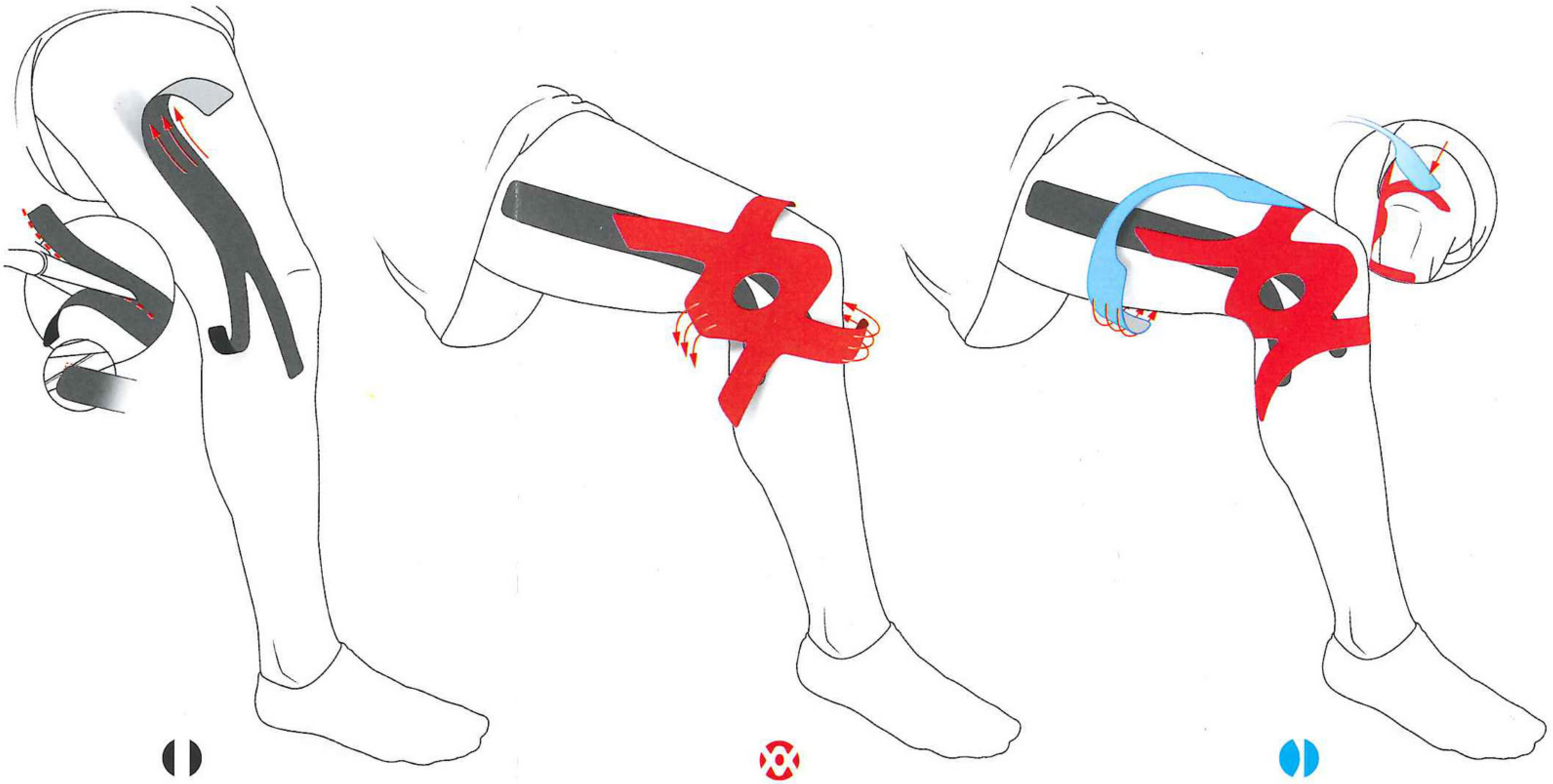
1. Vertically crease both sides of center portion to create three sections and one horizontal crease across center of X-Frame through the center hole.
2. Sit with leg extended, kneecap centered in cutout and narrow element of middle section pointing toward the foot. Pull creases apart slightly and create small flaps at tears to aid paper removal. Anchor bottom middle element upon the 'tibial tubercle' with zero tension.
3. Lightly apply top half of center portion with slight tension, kneecap centered in cutout. Rub and heat.
4. Apply remaining wings in any order with slight tension, allow tape to follow the contours of the leg as you apply. Anchor with zero tension. Rub and heat.

BLUE SCALLOPED STRIP

1. Peel middle 2" and apply just below knee, cradling the kneecap. Apply slight tension while steering tape application simultaneously. Keep taut while executing the slight bend, apply and anchor final 2" with zero tension. Rub and heat.
2. Place anchor square in center of arch. Apply portion supporting the arch. Simply draw it up and over the top of the foot with slight tension and anchor the final 2" with zero tension. Do same with remaining portion. Rub and heat.

FOR THE TREATMENT OF:

2B ILIOTIBIAL BAND SYNDROME



BLACK STRIP

1. Mark pain point on outside of knee.
2. Cut strip lengthwise approximately 4".
3. Round off new "tails" (end corners).
4. Lock leg in a slightly flexed position. Sit or stand. Position strip on side of thigh, tails pointed down, with split of tails over pain point.
5. Peel tails and tack on the side of lower leg. Use enough tension to keep tails taut. Peel away paper. Aim split at pain point and place tails/anchors with zero tension. Rub vigorously and heat.
6. Peel 3-4" of paper and apply 2" to side of thigh with slight tension then let tape relax and place remainder.
7. Use enough tension to keep tape taut. Apply straight up side of thigh and anchor. Rub and heat.

RED X-FRAME

1. Crease X-Frame vertically through center hole. Pull creases apart slightly to create small flaps.
2. Sit or stand with leg positioned and locked in place, slightly flexed.
3. Position X-Frame with bottom center of cutout resting where Black Strip splits. Apply with zero tension. Carefully peel top half of narrower middle section and place facing front, making sure bottom of cutout falls on split in Black Strip. Apply front wings with zero tension. Rub and heat.
4. Stand, lock your knee fully extended. (Wrinkling of the X-Frame is normal.) Carefully peel backing from middle rear section and lay in place with zero tension. Apply remaining two rear wings with zero tension. Rub and heat.

BLUE SCALLOPED STRIP

1. Position first anchor above your knee, angled at 45°. Peel backing as you apply with very slight tension.
2. Upon reaching narrow section, make a bend, taking the narrow part of strip towards the Black Strip with slight tension. Leave last 2" as final anchor with zero tension. Rub and heat.

3 WRAP-UP

PROTECT YOUR FINE WORK

⚠ **NOTE:** Kinesiology taping of the knee is intricate and vulnerable to being pulled off by rubbing against clothing. **Applying foam underwrap** over tape will protect the job.

VIDEO:

Not sure you've got it right?

Follow along with step-by-step instructions:

YouTube.com/McDavidUSA

THANKS for choosing McDavid Kinesiology Tech.

Designed to keep you FIRST **ON** LAST **OFF**

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